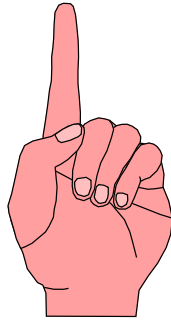




# **PE FIELD TRIP INFORMATION**

Please read for important  
information.



**Spring 2011**

*Please check the schedules and  
procedures for your grade level.*



**Attention: 4<sup>th</sup> & 5<sup>th</sup> Grade Teachers:**

On **Thursday, May 12<sup>th</sup>** [Rain Date: ATES], the 4<sup>th</sup> and 5<sup>th</sup> grade classes will be taking a walking field trip to Annandale High School for their mile jog/walk physical fitness tests.

***GUIDELINES FOR FIELD TRIP***

- ➔ Please encourage your students to jog rather than walk. Remind runners to **pace** themselves.
- ➔ Students may bring waterbottles. If students misuse their waterbottles, the waterbottles will be collected.

**LAP PROCEDURES**

1. Each student will receive a lap card with their name on it.
2. For each lap a student completes, make a mark (slash) on the card.
  - **5<sup>th</sup> grade** > 3 marks on the **front** of the card and in lieu of a 4<sup>th</sup> mark – write the student’s time on the **front** of the card.
  - **4<sup>th</sup> grade** > 3 mark on the **front** of the card and in lieu of a 4<sup>th</sup> mark – write the student’s time on the **front** of the card.
3. **Time allotments:**
  - **5<sup>th</sup> grade** = 15 minutes to complete mile run (4 laps). If they do not complete their laps in the allotted time, mark card with **15+**.
  - **4<sup>th</sup> grade** = 15 minutes to complete mile run (4 laps). If they do not complete their laps in the allotted time, mark card with **15+**.
4. Each class will have a specific color for their marker and cards; therefore, students need to be sure and go to their teacher and/or assigned helper.
5. Remind students to **listen** for their times as they cross their finish line.
6. Students should make sure their time is marked on the **front of their card** before returning their cards to one of the PE Teachers or assigned person.
7. Students are to remain on the black top area after completing their run for water and cool-down.
  - **Please remind students that they are not allowed to pour water on their heads. \*\*\* Water is for drinking ONLY. \*\*\***
8. We will line up by classes and return to the school.

>>> **Water will be available at the track, along with cups.** <<<

# SCHEDULE

>> Please be on time. Thank you. <<

9:00am → 5th Grade classes report to gym  
9:05 - 9:20am → Walk to Annandale HS  
9:20 - 9:25am → Warm-up: Stretching  
9:25 - 9:40am → Mile Run/Walk (15 min.-MAX)  
9:40 - 9:45am → Cool-down (upon completing mile)  
9:45 - 10:00am → Walk back

**\*\*\* 5th grade teachers can head back to school as soon as your class has completed their test and ALL cards have been turned in.**

10:15am → 4th Grade classes report to gym  
10:20 - 10:35am → Walk to Annandale HS  
10:35 - 10:40am → Warm-up: Stretching  
10:40 -10:55am → Mile Run/Walk (15 min.-MAX)  
10:55-11:00am → Cool-down (upon completing mile)  
11:00-11:15am → Walk back

<u>5th</u>		<u>4th</u>	
<u>Teacher</u>	<u>Helpers</u>	<u>Teacher</u>	<u>Helpers</u>
Clarke	Burbank	Altenburger	Shifrin
Davis	Stensrud	Blair	Gregory
Dillon	Pourhashemi	Grandizio	IA or Intern
Jenkins	Bekken	Jacobs	Perroti
Morris	Moore	Kasperek	Casillas
		Metcalfe/Jolevski	Grant

1 **\*\* Note:** We have planned to have at least one helper with each classroom teacher.

2 **\*\*** One person will do the timing and the other the marking.

3 **\*\* Please be sure and bring your emergency care cards on the field trip.**

4 >>> Please let us know if there are any conflicts or concerns you may have about this trip.

5 > Walkers should remain on the outside lanes of the track.

> Runners can stay on the inside lanes of the track.